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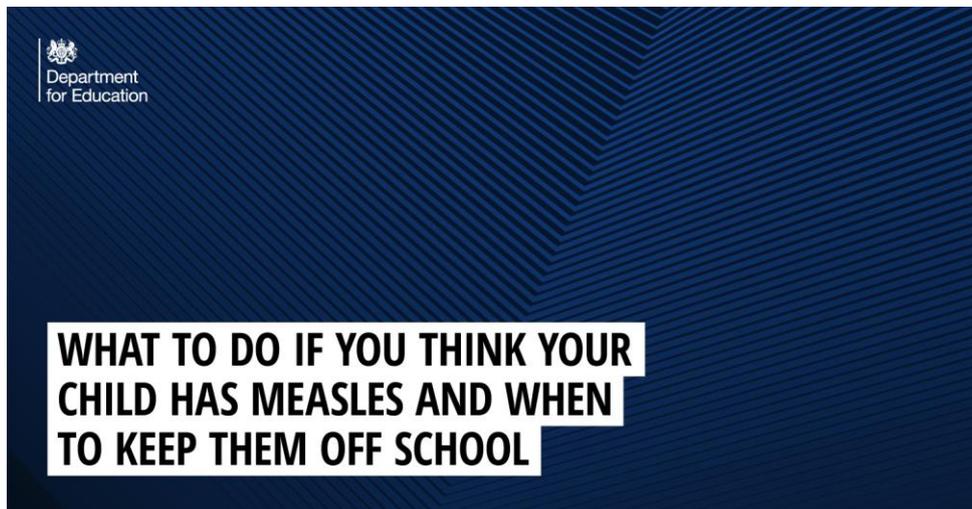
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St Mary's Catholic Primary School Newsletter

What to do if you think your child has measles and when to keep them off school



Cases of measles are rising across England, including among children. It's an infection that spreads very easily and for some people can cause serious problems.

There's no specific medical treatment for measles, so it's important to get vaccinated as it's the best protection against becoming seriously unwell.

The measles, mumps and rubella (MMR) vaccine is one of the [routine childhood vaccinations](#), so most children are already vaccinated against measles. If your child has received both doses of the vaccine, they are unlikely to have the virus.

Here, we explain everything you need to know about the rise in measles cases, from getting your child vaccinated to when to keep them off [school](#).

What are the symptoms of measles?

Measles usually starts with cold-like symptoms, followed by a rash a few days later.

Some people may also get small spots in their mouth. Find out more on the [NHS website](#).

What should you do if you think your child has measles?

You should ask for an urgent GP appointment or get help from NHS 111 if you think you or your child may have measles.

Don't go to the GP or any other healthcare setting without calling ahead first.

If your child has been diagnosed with measles by a doctor, they should stay off nursery or school for at least 4 days from when the rash first appears.

They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

What is the best way to protect against measles?

The best protection against measles for children and adults is to get both doses of the MMR vaccine.

Children are offered a vaccine free on the NHS at 12-months-old and then a second dose when they turn 3-years-and-4-months-old.

But you can catch up at any age – if you or your child haven't yet been vaccinated, you should contact your GP practice to book a free appointment.

You can request a version of the MMR vaccine that does not contain pork products from your GP, making it suitable for all faiths. Please note that the practice may need to order this product in specially, so it will be helpful to tell them your views before the appointment.

Cold-like symptoms can be an early sign of measles. Should you still send your child to school?

If your child has been vaccinated, it's very unlikely that they have measles.

[School attendance](#) is vitally important to your child's learning and health.

According to the NHS, it's fine to send your child to school with a minor cough or common cold, provided they don't have a temperature.

When should you keep your child off school or nursery and how long for?

If your child has measles, they should stay off nursery or school for at least 4 days from when the rash first appears, and avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

The school or [local Health Protection Team](#) will let you know if your child has been in contact with someone who has measles, and tell you what you need to do.

The Health Protection Team may advise people who are more susceptible to contracting the virus, such as unvaccinated siblings to stay away for the incubation period.

The incubation period is the length of time it can take to develop the illness after being in contact with someone with measles. For measles, the incubation period can be up to 21 days.

Anyone who has been vaccinated is unlikely to be considered susceptible.

If you're not sure whether your child is due a vaccination or has missed a vaccination, you can check your Red Book or contact your GP practice.

If your child has missed their first or second dose of MMR vaccine, you should contact your GP practice to book an appointment.

Should you keep your child off school if another pupil has been diagnosed with measles?

Most children will be protected against measles and there is no need to keep your child off school if they have had both their MMR vaccinations.

Your local Health Protection Team will tell you if your child has been in contact with someone with measles and will let you know what the next steps are.

Can I still get my child vaccinated even if they're older?

Yes. Anyone who has not had 2 doses of the MMR vaccine should ask their GP surgery for a vaccination appointment.

It's best to have vaccines on time, but you can still catch up on most vaccines if you miss them. Two doses of the vaccine are needed to ensure full protection.

For schools, nurseries and other education settings

Packing a Healthy Lunchbox



The **Kid's Healthy Eating Plate** was created as a fun and easy guide to encourage children to eat well and keep moving. The plate's guidelines emphasize *variety* and *quality* in food choices. The formula is simple: fill half your plate (or lunch box) with colorful fruits or vegetables (aim for two to three different types), one-quarter with whole grains, and the remaining quarter with healthy proteins. Healthy fats and a small

amount of dairy (if desired) round out a tasty meal that will fuel an active, healthy lifestyle.

When packing your child's lunches, let the Kid's Healthy Eating Plate guide and inspire you:

- Remember two points—**choices** and **presentation**
- Save time with **meal prep**
- Build **super snacks** to fill the gaps between meals
- Send a refillable **water** bottle

Choices

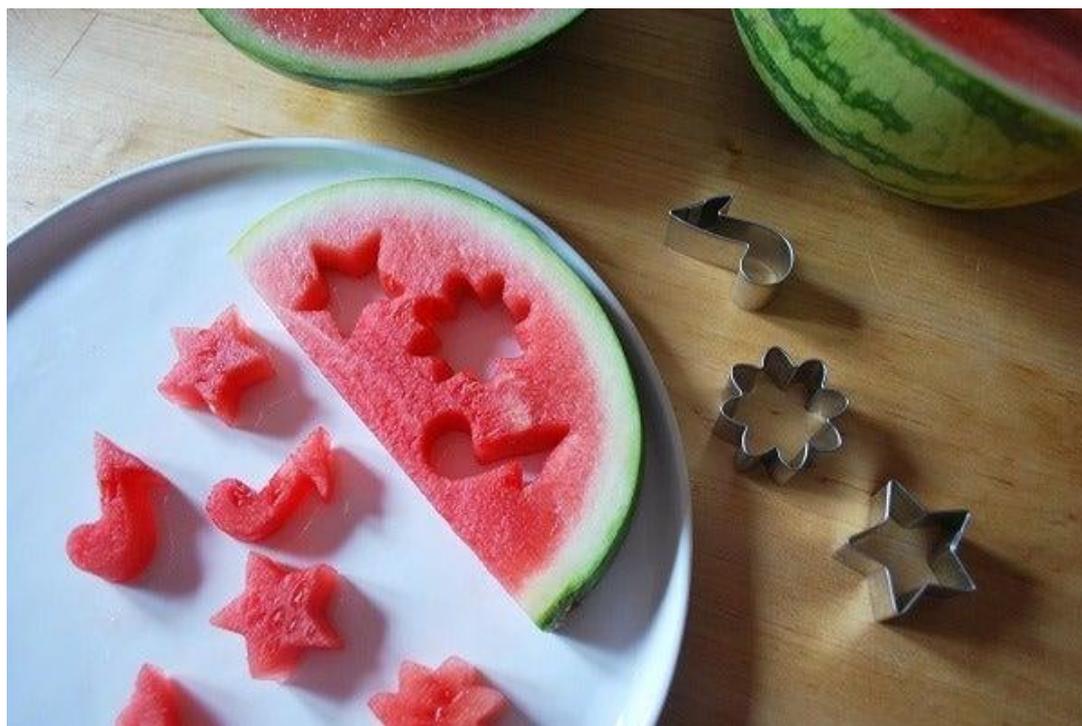
1. **Choose any 1 fresh fruit.** For example: grapes, **apple** slices or rings, any melon chunks (cantaloupe, honeydew, watermelon), any berries (strawberries, blueberries, raspberries), or **banana** slices.
2. **Choose any 2 vegetables.** For example: carrot coins or sticks, cucumber, broccoli, bell pepper strips, asparagus spears, summer squash ribbons, or grape tomatoes.
3. **Choose any 1 healthy protein.** For example: Beans, edamame, seeds, hummus, veggie burger, roasted turkey or chicken slices, or a hardboiled **egg**.
4. **Choose any 1 whole grain.** For example: whole grain pasta, bread, and crackers, **brown rice**, **quinoa**, **steel-cut oats**, and other minimally-processed whole grains.
5. **Incorporating dairy (if desired).** For example: unflavored milk, plain Greek **yogurt**, small amounts of cheese like cottage cheese, and string cheese. For dairy-free options, try soy milk and soy yogurt, which contain similar amounts of calcium, protein, and vitamin D as dairy milk.



Presentation

- **Kabobs:** Cut fruits, vegetables, and proteins into cubes or small balls and insert onto a skewer with rounded or blunt edges.
- **Bento boxes:** Lunchboxes that contain several small, divided containers are great for portion control, keeping foods separate (if kids prefer foods not touching), and encouraging a variety of foods.
- **Themes:**
 - Mexican = beans and brown rice, whole grain tortilla chips, homemade guacamole or salsa made with diced tomatoes, avocado, and cilantro.
 - Chinese = chicken strips and broccoli florets served with brown rice and low-sodium soy dipping sauce.
 - Pizza = whole grain pitta or crackers, grape tomatoes, and bell peppers, mozzarella string cheese, chicken slices.
 - Green = edamame, cucumber coins, butter lettuce rolled in a spinach wrap spread with mashed ripe avocado. Sprinkle sunflower seeds for extra crunch and nutrients.
 - Eat a Rainbow = red grape tomatoes, orange hummus, yellow cheese, green cucumbers and bell peppers, blueberries, purple grapes.
- **Shapes:** Cut sandwiches into triangles or smaller squares, or use cookie cutters. Mini cookie cutters can transform apples, watermelon, or cantaloupe into juicy heart or star shapes. A vegetable peeler makes

elegant ribbons of any firm long vegetable. Carefully use a knife to cut sticks of carrot or bell pepper.



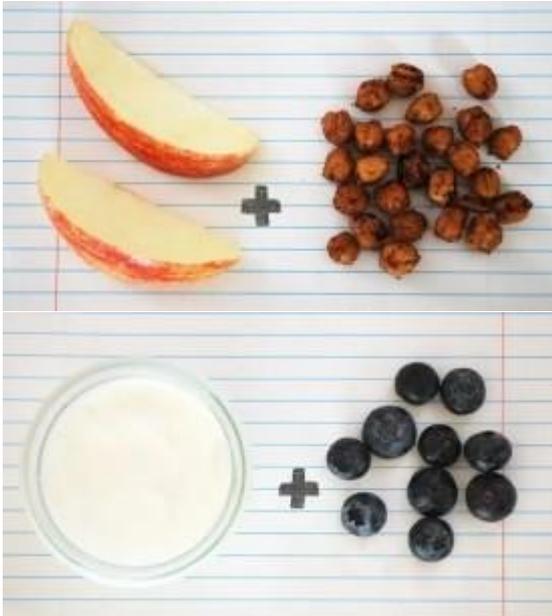
Save Time with Meal Prep

Amidst hectic weekday schedules, meal prep is a great tool to help keep us on a healthy eating track. Although any type of meal prep requires planning, there is no one correct method. Below are just a few ideas relevant to kid's lunches, but you can [learn more about using this helpful strategy](#) for other meals, too!

- Choose a day that you are less busy to wash and chop fruits and vegetables, and prepare batches of healthy proteins like chicken, eggs, and beans. If you don't have time for this, don't feel guilty about purchasing pre-chopped and washed produce, pre-cooked chicken, or canned beans in the supermarket (but be on the lookout for added sodium in prepared foods, and rinse and drain canned beans).
- Have kids participate in food prep! Younger children can help to wash fruits and vegetables. Older children can learn how to use a knife on softer foods.
- Have children pack their lunch boxes the night before. Display choices of protein, vegetable, fruit, etc. and let them create their own meals based on the Kid's Healthy Eating Plate.
- For younger children, include finger foods that do not need utensils.
- Search "kids lunch ideas" online for endless inspiration on how to fill your child's lunch box with healthy food.

- If you're not packing lunch, food provided by the school is also a great option, as a result of stronger standards. For more information on school meals and snacks, see [Why school meals matter](#).

Super Snacks



Snacks are meant to fill the gap between meals, not become a whole meal in itself. Keep snacks small. An easy rule of thumb for a satisfying snack is to pair a protein-rich food with a carb-rich food. Including a [healthy fat](#) will quiet hunger pangs even more. Depending on the child's age and activity level, they may need one or two snacks a day.

Examples:

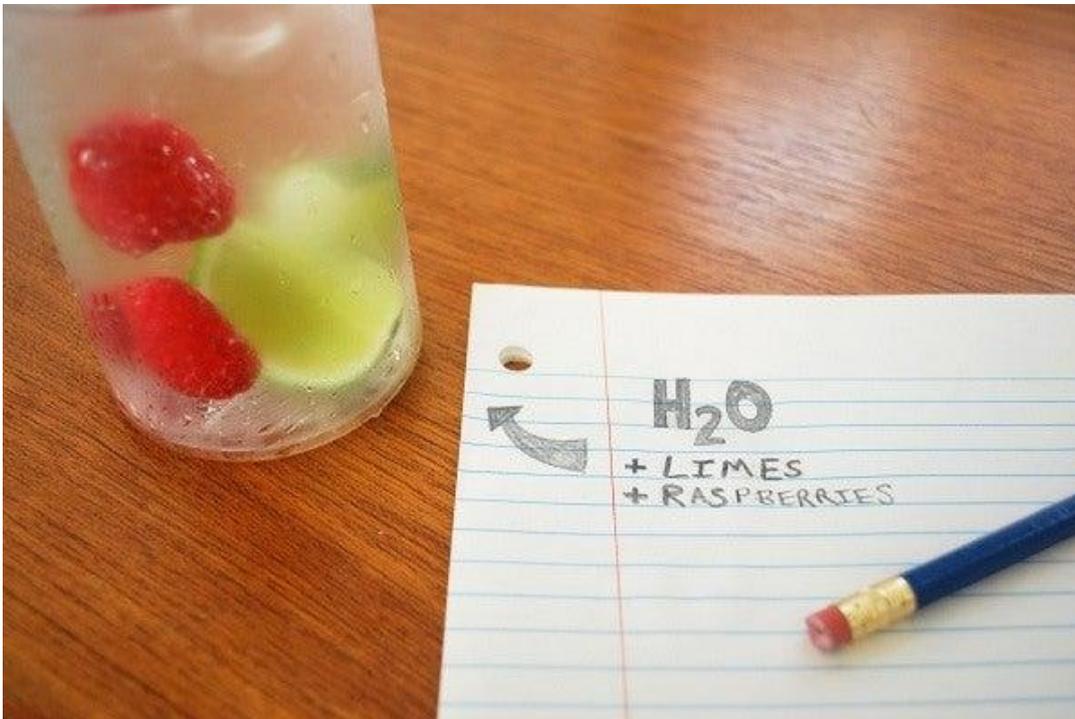
- 1/4 cup nuts, (**No Peanuts**) 1 cup shredded mini whole wheat squares (with no added sugar)

- Apple slices, 1/2 cup [chickpeas roasted in olive oil and spices \[get the recipe\]](#)
- 1/4 cup sunflower seeds, 1/4 cup dried apricots, cherries, or raisins (with no added sugar)
- String cheese, 1 cup of grapes
- 1/2 cup blueberries or strawberries, 5 ounces of plain Greek [yogurt](#)
- Carrot sticks or sliced veggies, hummus

For more tasty snack and meal recipes, visit the [Food, Fun & Family Recipe Packet](#) created by the [Harvard Prevention Research Center on Nutrition and Physical Activity](#).

Go for Water

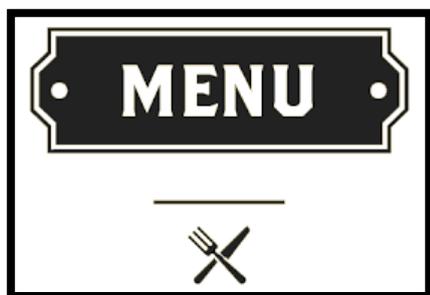
Don't forget to pack a water bottle for refilling throughout the school day. [Water](#) is not only the best choice, but a necessary one. It restores fluids lost through everyday tasks of breathing, sweating, and even digesting meals. It keeps the body's temperature normal on hot days and carries nutrients and oxygen to all cells. It is also free of calories, sugar, and caffeine, and other additives found in [sugary drinks](#). Beyond plain water, flavoured and unsweetened seltzer or fruit-infused waters are also great [healthy beverage](#) choices.



Fluid needs vary based on a child's age, size, gender, and activity level. The [National Academy of Sciences](#) recommends a range of seven to 14 cups of water per day, with the lower end for toddlers and the higher end for teenage boys. Part of this amount can come from water-rich foods like fruits and vegetables. Only when your child participates in vigorous sports lasting long periods of time (over one

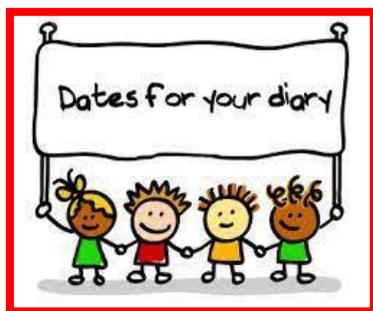
hour) should sports drinks be considered to supplement water. In this case you may consider making your own sports drink by mixing one quart (32 ounces) of water, 1/8-1/4 teaspoon of salt, and two ounces of 100% orange juice or plain coconut water.

Sugary drinks are a major contributor to the rise in obesity and type 2 diabetes in children. In 2016 the **American Heart Association** recommended that children and teens consume less than 25 grams, or six teaspoons of added sugar per day, and sugary drinks should be limited to no more than eight ounces per week.



Our school's menu can be viewed here:

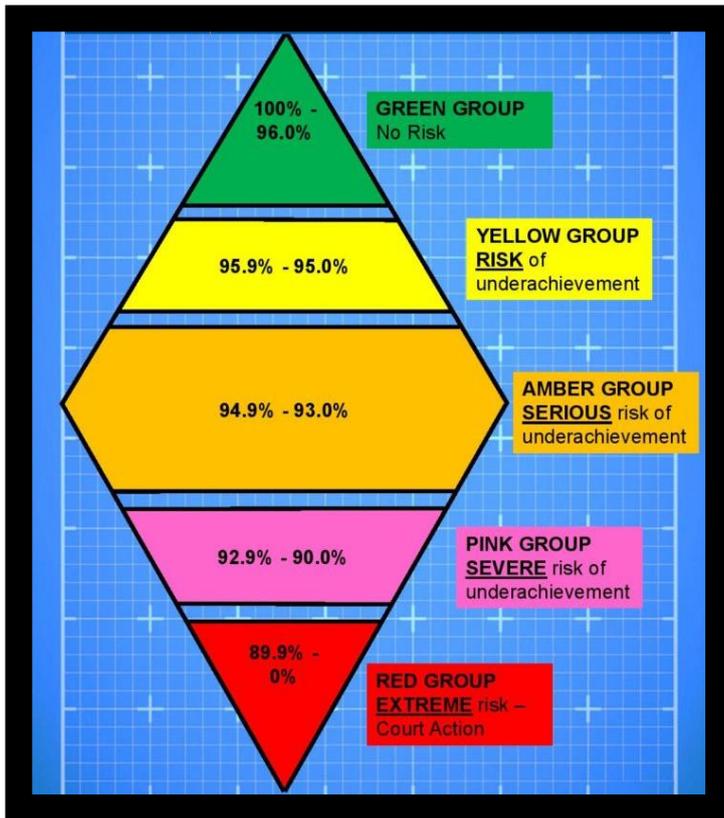
https://www.telford.gov.uk/downloads/file/388/st_marys_primary_school_menu



5 th February	Year 2 Trip to Cosford
5-9 th February	Children's Mental Health Week
9 th February	Safer Internet Day Break-up for Half-Term
20 th February	Parents Open Afternoon
27 th February	Year 6 SATs Meeting for Parents
29 th February	Year 4 Curriculum Assembly for Parents 8.45am
7 th March	World Book Day Year 5 Space Centre Trip
13 th March	Year 2 Curriculum Assembly for Parents 8.45am
20 th March	Year 6 Shropshire Hills Trip
21 st March	School Photographs
22 nd March	Whole School Easter Bonnet Parade

18 th April	Year 6 Curriculum Assembly for Parents 8.45am
9 th May	Year 1 Curriculum Assembly for Parents 8.45am
16 th May	Reception Curriculum Assembly for Parents 8.45am

Attendance Check



Remember, every minute counts....

